

# OUR LOCAL AREA

directory of  
services



## Inside:

- NMS programmes
- List of local services
- Removable activities calendar



supporting our  
community



Local Trust | Big Local

# Get involved!

## North Meets South programmes

### Music Events

Join us this April for two exclusive music events in your local area, featuring instruments, themed events and dancing to music.

Youth Music Festival  
11th April, Marks Gate  
Community Centre  
2.00pm-4.00pm

Open Music Night,  
all ages welcome,  
11th April, 7.00pm-  
9.00pm

### Stay N Play

Feel free to pop in and let the children play while you have a chat with parents/guardians.

Wednesdays 12.30-  
2.45pm

St Mark's Church  
Centre, Belben  
Court, 165 Rose Ln,  
RM6 5NR

£0.50p per child  
(under 6 months go  
free)

£1.00 per adult  
Tea, coffee and juice  
provided.

### Monthly Socials

NMS are always looking for people to get involved in planning monthly social activities for the community. We want members of the community to direct these events and help with the planning of activities such as poetry night, movie night, comedy night, pamper day, and tarot card readings.

To get involved  
contact us or  
visit Marks Gate  
Community Centre.

### NMS Volunteering

NMS is resident-led as such we are always interested in hearing from people who are interested in working with us to direct our work and make funding decisions. We are currently recruiting residents to join our leadership team, people with ideas and skills to support us to make Marks Gate & North Chadwell Heath an area that is liked and looked after. So if you have a great idea for an activity that will benefit local people or are interested in using your professional skills to influence change in your area - we would love to hear from you! Pop in to see us at Marks Gate Community Centre, Rose Lane RM6 5NJ or email Catherine at [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)

## Summer Trips

We have two exciting family trips planned for this summer.

### Natural History Museum:

Spend a day discovering dinosaurs, wildlife, fossils and more...  
Coach to London  
Activities for kids

30th May 2022

Tickets £5 each  
(adults and children)

Book now via 07448  
878702

### Woburn Safari Park:

30th July 2022

Tickets £13 each,  
(adults and children)

Book now via 07448  
878702

## Fitness Activities

### Saturday Fitness

Join us every Saturday at St Mark's Church Hall, Rose Ln  
11.00am  
Register your interest via 07506 402603

### Zumba Class

Every Wednesday at St Mark's Church  
10.00am  
Register your interest via 07506 402603

All levels of fitness are welcome

## Wellgate Farm Recruitment

Wellgate Farm are currently recruiting a Horticulture Coordinator.

They are looking for an experienced horticulture expert with a gardening background in growing fruit and vegetables to help run and coordinate their allotment plots. The position requires a confident individual that can manage their own time effectively to work flexible hours and uses a collaborative approach to enthuse others about horticulture.

For an application pack and full job description email [info@wellgatefarm.org](mailto:info@wellgatefarm.org)

# Places of worship + activities

## Eastern Avenue Baptist Church

**Address:** East Rd, Dagenham, Romford RM6 6YJ

**Email:** 02085906510

### Services:

- Sunday Morning Worship 10:30am
- Sunday evening prayer & Praise 6:30pm
- Coffee Stop Tuesday 10-12am
- Carpet Bowls Tuesdays 2-4pm
- Nimble Fingers Wednesdays 2-4 pm
- Chair Exercise Fridays 2-3pm
- Age Concern Yoga Thursdays 2-3pm
- Emergency Food Mon, Tues, Wed - 10-12pm

activities for the elderly

## Islamic Prayers

**Address:** Marks Gate Community Centre, Rose Lane

**Time:** 12:30pm-2:00pm

Islamic prayers are held weekly for the Muslim community every Friday.

## Marks Gate Baptist Church

**Address:** 26 Danbury Cl, Dagenham, Romford RM6 5HU

### Services:

- Sunday Service 10.30am
- Coffee Morning + activities for the elderly (visit the church to learn more)

## On the Rocks International Ministries

**Email:** ontherockinter@outlook.com **T:** 07932 562569

On the Rock International Ministries is a life giving, mission sending, Christ exalting and spirit loving, multicultural community church, built on 3 pillars: Discipling saints, Engaging with the community through social activities and Overseas Mission.

We are actively involved in community development interventions in Marks Gate. To learn more about our community engagement programme email/call us.

**Services:**

- Sunday Service online, email us to request a zoom link
- Quarterly youth festival, Marksgate Music Festival
- Monthly Ladies Forum and annual retreat
- Counselling and spiritual support
- Community activities throughout the year
- Financial support
- Annual fun day

## **St Chad's Church**

**Address:** 73 Eric Rd, Dagenham, Romford RM6 6JH

**Email:** churchoffice@stchads.church

**Services:**

- Sunday Worship: 9am & 10:45am
- Play Group Mondays 9:45-12pm (Contact us for more details: sparkles@stchads.church)
- Youth Group Mondays 6:30-8pm (contact us for more details: belinda@stchads.church)
- Community Café Tuesday 9:30-2:30pm
- Holy Communion or Morning Prayer Wednesday 10am
- Mature Companions Club (MCC): Open on the third and fourth Wednesdays of the month, in the church hall from 12pm.
- Table Tennis Club Wednesday 7:30-9:30pm Adults and children's sessions

## **St Mark's Church**

**Address:** 165 Rose Ln, Dagenham, Romford RM6 5NR

**Email:** stmarkscofe@gmail.com

**Services:**

- Sunday Service 11am
- Coffee Morning: Mondays - Thursday 10am-12pm
- Food + Clothes Bank: Mondays – Thursday drop-ins
- Youth Club, Breakfast Club
- Fitness classes

# Places of education

## ESOL Classes

**Address:** St Mark's Church

English for Speakers of Other Languages (ESOL)

Free classes in Marks Gate. Mondays 10am-2pm

## Marks Gate Nursery and Preschool

**Address:** Rose Ln, Dagenham, Romford RM6 5LL

Marks Gate Nursery and Preschool provide childcare and education to children from birth to 5 years old. Each day is different! The children enjoy dialogic reading, woodwork, cooking, yoga, spotting wildlife at the local farm and climbing trees at Hainault Forest.

### Additional Services:

- Drop-in Food Bank
- Clothes and Toy Bank (coming soon)

## Money A+E Mentors

**Address:** Marks Gate Community Centre

Gain a qualification in money management and feel confident with money. Be introduced to tools to make money, and have help in saving in interest on savings, all whilst making friends in your local area.

23 Feb-30 Mar 2022, Wednesdays 10.00-12.30pm

## Story and Rhyme Time

**Address:** Marks Gate Library

Drop-in sessions for ages 0-3 years. Every Monday, 10.30-11.15am

## St Mark's Preschool

Coming soon!

## Rose Lane Primary School

**Address:** Rose Lane, Chadwell Heath, Romford, RM6 5NJ

Here at Rose Lane Primary School, we aim for each child to achieve their full potential by providing an abundance of experiences and activities. Kids trips are organised by the PTA, enquire at the reception.

# Places offering food and financial support

**Eastern Avenue Baptist Church, Marks Gate Nursery and Preschool, St Mark's Church, Marks Gate Community Centre** (budgeting and financial support also offered here), **Marks Gate Relief Project.**

(please see each location's main section of the booklet for more details)

## Places for social activities

Please refer back to 'Places of worship + activities' for more social activities

### Everyone Everyday

**Address:** Marks Gate, 111 Rose Lane, Romford RM6 5NR

Everyone Every day is a network of 1000s of people living in Barking and Dagenham who are working together on different neighbourhood projects around the borough to make everyday life better for everyone including cooking, making, learning, growing, fixing, trading, singing, playing, eating and sharing. We have spaces all over the borough and the neighbourhood shops are the main local spaces to pop in and find out more about how to get involved.

#### **Shop Opening Times:**

Every Tuesday and Wednesday 10.00am - 4.00pm

### Wellgate Community Farm

**Address:** Collier Row Rd, Dagenham, Romford RM5 2BH

Wellgate Community Farm provides education recreation activities in Barking and Romford. We are open all year round, entrance to the farm is free. We provide mobile farm visits for schools, and events such as animal encounters and crafts, Farmer For a Day and various open day events.

#### **Services:**

- Volunteering Opportunities
- Café + Farm Shop
- Marks Gate allotment plots: available for rent
- Events + Activities: Visit our website to learn more: [www.well-gatefarm.org](http://www.well-gatefarm.org)

# North Meets South

## Monday

**Job Club** 1.00-3.00pm

(Appointments only. To book text 07419285839/ visit the community centre on Rose Lane)

## Tuesday

**Carpet Bowls** 2.00-4.00pm

NMS community groups for the elderly. Drop in session at Eastern Avenue Baptist Church. 119 Easter Rd, Dagenham, Romford RM6 6YJ

**Spark2life Indoor Youth Club**

3.30-7.00pm Marks Gate Community Centre. Age specific drop in sessions for under 18s. 07812487926 for more details.

## Friday

**Chair based exercises** 2.00-3.00pm NMS community groups for the elderly. Drop in session at Eastern Avenue Baptist Church. 119 Eastern Rd, Dagenham, Romford RM6 6YJ

**Marks Gate Boxing Club** 5.30-7.45pm Under 18s age specific sessions. Advance booking ONLY - visit the club on Fridays to register

## Saturday

**Circuits Fitness** 11.00-12.00pm St Mark's Church, Rose Ln. Text 07506 402603 for more information.

**Monthly Socials** Dates to be confirmed

On the days when there are no activities on the NMS calendar, visit Marks Gate Community Hub and St Mark's Church, there are lots of free activities open to residents in the area.

# ACTIVITIES CALENDAR

## Wednesday

**Zumba** 10.00-11.00am St Mark's Church, Rose Ln. Text 07506 402603 to register.

**StayNPlay Group** 12.30-2.45pm St Mark's Church, Rose Ln. Parent and toddler drop in.

**Nimble Fingers and Board Games** 2.00-4.00pm NMS community groups for the elderly. Drop in session Eastern Avenue Baptist Church.

## Thursday

**Football and Chips** 3.30-6.00pm Tantony Green Park, RM6 5NA: Spark2life Youth Club Age specific drop in sessions for under 18s. 07812487926 for more details.

## Sunday

## Events

**Arts and Crafts** April school holidays

**Multi-sport Programme** April school holidays

**Youth Music Festival** 11th April, Marks Gate Community Centre 2.00-4.00pm

**Open Music Night** all ages welcome, 11th April, 7.00-9.00

# **Marks Gate Community Centre** Open Mon-Fri, 9.00-5.00pm

## **Monday**

- Creative Arts – 1.00 – 4.00 Lounge
- Pennu Charity (themed sessions for over 60's) last Monday of each month 12.00 – 2.00 Hall
- BRIC Advice and brief intervention drug and alcohol sessions (bookings only) 11.00 – 3.00 Training room
- Soup Kitchen 4.00 – 9.00 Hall

## **Tuesday**

- Midwife clinic (bookings only)
- BRIC substance Misuse advice sessions 10.00 – 2.00 Training room
- Knit and natter for the over 60's, weekly 10.30 – 12.30 Lounge
- Youth Club 3.30 – 6.30 Hall

## **Wednesday**

- Midwife clinic (bookings only)
- Community Food Bank weekly 11.00 – 1.00
- Arts and Crafts 2.00 – 4.00 Lounge

## **Thursday**

- Stay and Play 10.00 – 11.30 Hall or Lounge
- Babbling Babes 1.00 – 2.00 Hall or Lounge
- Baby Bank 10.30 – 2.00 Training room
- Midwife clinic (bookings only)

## **Friday**

- Islamic Prayers (weekly) 12.30 – 2.00 Hall
- Baby Bank 10.30 – 2.00 Training room
- Boxing Club (weekly) 5.30 – 7.30 Hall
- Substance Misuse advice sessions 10.00. – 2.00 Lounge

Sensory room available daily. Telephone the centre or walk in, or book in advance.

Saturday Hall hire available by booking only, contact the centre for more information.

## Marks Gate Relief Project

MGRP is predominantly an Asian Muslim women led initiative focusing on empowering and engaging women whilst giving them a platform to boost entrepreneurship and leadership skills.

### Services:

- Food Bank
- Free hot meals and Chats, Mondays 5.00-8.00pm at Marks Gate Community Centre
- Clothing and Toys bank
- Accessibility and mobility bank including wheelchairs, crutches, pushchairs, walking frames, etc.
- Inter-Faith Harmony Discussions at St Mark's Church, Rose Ln
- Fun Cycling sessions (Summer- Autumn terms only)
- Women's Health (including Smear test Drive, Sanitary Hygiene support)
- Money Support and debt advice
- General counselling for social/emotional support

**Email:** [contactus@mgrp.org.uk](mailto:contactus@mgrp.org.uk) or visit us on Mondays at Marks Gate Community Centre 5-8pm

## Places for community empowerment

### Be First

Be First is a regeneration organisation, owned by Barking and Dagenham Council. Our mission is to accelerate regeneration of the borough, so that no-one is left behind.

Our community engagement team are committed to keeping residents informed about our redevelopment plans through public consultations, engagement activities and regular communications. In Marks Gate, we are setting up a new Community Forum to represent local voices and collaborate with us on our projects in the area, starting with Padnall Lake phase 2. It is an opportunity for residents to learn new skills, raise the profile of the local community and help influence change.

**Email:** [communities@befirst.london](mailto:communities@befirst.london)

# GET READY TO EXPLORE!



## Natural History Museum Trip

Spend a day discovering dinosaurs, wildlife, fossils and more...

Coach to London

Activities for kids

30th May 2022

Tickets £5 each (adults and children)

Book now via 07448 878702 or

[nmsvolunteersphone@gmail.com](mailto:nmsvolunteersphone@gmail.com)



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# WE'RE GOING ON A SAFARI!

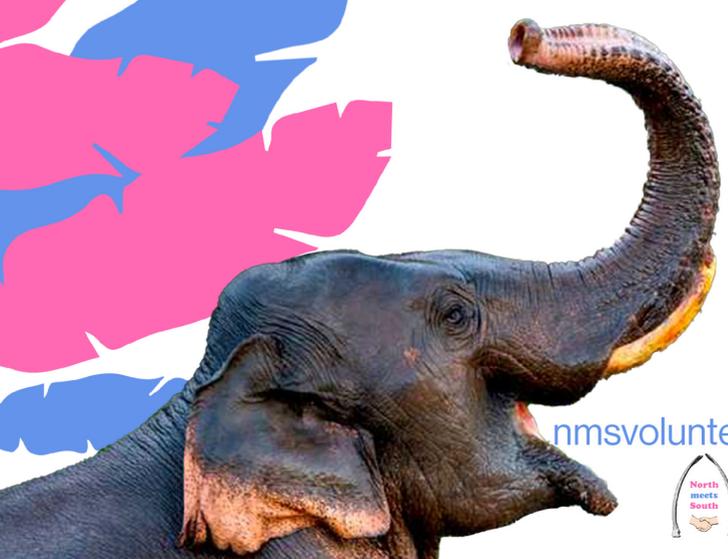
## Kids Summer Wildlife Adventure

Woburn Safari Park

Drive-through safari

Walk-through safari

Leisure activities for kids



30th July 2022  
Tickets £13 each  
(adults and children)

Book now via  
07448 878702 or  
[nmsvolunteersphone@gmail.com](mailto:nmsvolunteersphone@gmail.com)



Local Trust **Big Local**

In partnership with



COMMUNITY  
PLAYED  
Local Fruit Big Local



EVERY SATURDAY  
@ 11:00 am



# FREE FITNESS

FOR NORTH CHADWELL HEATH  
& MARKS GATE RESIDENTS

Join us every **SATURDAY** @ St. Mark's Church Hall, Rose Lane  
Call **07506402603** to register

and for more info [www.iessence.co.uk](http://www.iessence.co.uk) [info@iessence.co.uk](mailto:info@iessence.co.uk)

# Local Opportunities

## Food Club

The community food club gives you access to £20 worth of groceries each week and will explore support to help you through challenges you may be facing. Membership requirements apply, so for more information contact 020 8274 1983 or email [cfc.mg@lbbd.gov.uk](mailto:cfc.mg@lbbd.gov.uk) Wednesdays 11.00-1.00pm

## The Baby Bank HQ

Raising funds to relieve child poverty and protect our planet through the use of textiles. Do you need our support? Drop in sessions at the community centre. Thursdays and Fridays 10.30-2.00pm

## Colin Pond Court

Rental apartments for the over 55s. A chance to live with independence, security and like-minded neighbours on your doorstep.

21 Longhayes Avenue, Romford, Essex, RM6 5HB

To find out more please call 0800 731 2020 or email: [contact@anchor.org.uk](mailto:contact@anchor.org.uk)

## Pennu Charity

Themed sessions for the over 60s, promoting good health and wellbeing of the elderly. Last Monday of every month.

12.00-2.00pm, Marks Gate Community Centre

## Creative Makers Club

Learning how to design, restore, and recycle with handmade products.

- Jewellery Making
- Fashion Restoring and Re-Designing
- Decoupage Home Items
- Creative Art on Canvas

Marks Gate Community Centre  
Mondays 1.00-4.00pm

## Community Chats

MGRP run weekly community catch-ups including sports, inspirational talks, community service, networking, community kitchen and friendships across all age groups. 4.15-8.00pm, Marks Gate Community Centre

## ABOUT NORTH MEETS SOUTH

North Meets South Big Local (NMS) is one of the 150 communities across England chosen to be part of the Local Trust's innovative programme that aims to achieve lasting change by providing a mixture of funding, finance and support. NMS was established in 2014 with £1 Million allocated from the Big Local Lottery Fund, through the Local Trust, that could be spent in any way local people chose over the following 10 years.

NMS is now a partnership governed by residents, with activities organised by residents and for residents in Marks Gate and North Chadwell Heath. As NMS Big Local enters the final stages of its funding support from the Local Trust, in January 2021, they published their 2021-2022 Local Plan. This Plan focuses on supporting sustainable projects which will exist beyond the lifespan of the organisation.

### STAY UP TO DATE WITH THE LATEST EVENTS, PROGRAMMES AND TRIPS HERE:



@north.m.south



@NorthMeetsSout4



@Catherine NMS worker

[www.nmsbl.org.uk](http://www.nmsbl.org.uk) T: 0741 9285 839



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community**



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